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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

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HOUSEKEEPERS' CHAT

Monday, August 15, 1932.

(FOR BROADCAST USE ONLY)

Subject: "Care of Milk at Home." Information from the Bureau of Home Economics and the Bureau of Dairy Industry, U.S.D.A.

This business of cutting down food expenses has many phases that we housewives have to consider. First, we have to plan meals well. Then, we have to be as wise as Solomon when we go to market. Third, we have to prepare and serve meals to the queen's taste so that nothing will go to waste and the family will enjoy even humble food. But that's not all. Still another consideration is especially important this season. We also have to care for food properly--to look after every article that comes from the grocery store so that it will keep fresh and in good condition until we use it. You see, we housekeepers have to protect the family's health as well as its pocketbook. We not only to prevent waste from spoilage, but we also have to see that all the food we serve is fresh and wholesome.

Now milk, that most important food, needs special care at any time of year, but especially in summer. The Bureau of Dairy Industry at the United States Department of Agriculture is constantly studying the best methods of getting clean, high-quality milk to us consumers. But because milk is such an extremely perishable food, the responsibility doesn't end when the milk-man delivers the bottles at our doors. We consumers then have the job of continuing the good care of milk in our own homes, if we want to keep it fresh and sweet.

Mr. Ernest Kelly, who is the market specialist of the Bureau of Dairy Industry has a lot of good ideas to help us keep milk in the best condition at home. I heard him talking on the subject the other day and I'm going to pass on to you some of his comments.

His first suggestion reminds me of the story of the old Scotch lady and her famous recipe for rabbit pie. The recipe began, "First catch your rabbit." Mr. Kelly advises, "First buy good milk."

And he continues, "Pick a milk dealer who supplies good quality milk with a low bacterial count. Nearly every city or town of any size has a milk inspector. This inspector has a record of the bacterial count of the milk from all the important dairies serving that community. Or, if you live in a small town, you should be able to get this information from the State Board of Health or the State Department of Agriculture. Also be sure your milk is coming from healthy cows, and is produced under sanitary conditions. The bacteriologists have proved time and again how much longer milk keeps sweet in a good refrigerator, if comparatively few bacteria are in the milk at the start."

Someone asked Mr. Kelly, "Don't you think that is really cheapest in the long run to buy the best milk?".

He agreed and added, "I'd also recommend that you buy only bottled milk. Fortunately, more and more milk is sold in bottles every year. Most cities forbid the sale of milk except in bottles, because unbottled milk is often dirty and contains little cream. The old-time custom of sending the children to the farm down the road for the milk, with the tin pail swinging, was after all decidedly unsanitary. If the milk soured in a few hours, the blame went to the thunderstorm, rather than to bacteria, the real cause."

Now a few suggestions about what to do after the bottles of milk are delivered at your door.

"Be sure," says Mr. Kelly, "to take milk in the house as soon as you can after delivery. And if possible provide a box with a hinged lid on the porch so the milk-man can leave the bottles there out of reach of cats, dogs and sunlight. Some dairies deliver their milk in the day time so it won't have a long wait outdoors.

"Then, when you get the milk indoors, put it at once in the coldest part of the refrigerator. Check up with a thermometer and find where the coldest part is. Milk and other dairy products need a refrigerator temperature of 45 degrees Fahrenheit--or even colder. And keep milk in the original bottle in the refrigerator until the moment you want to use it."

Mr. Kelly declares that he is all for serving milk in the bottle right on the table.

"Not for esthetic reasons perhaps, "he says,"and not because I'm against the use of pitchers, but because every time you pour milk into another container, more bacteria get into it. And, by the way, when you do have some milk or cream left in the pitcher on the table, don't pour this back into the bottle with the main supply unless you want that to sour faster. Be sure to keep all bottles of milk and cream in the refrigerator covered. If you lose the paper cap, just turn a tumbler over the top of the bottle."

Here's a question about pasteurized milk that confuses many people. Every now and then somebody states that pasteurized milk doesn't sour, that the heat of the pasteurizing process has killed the bacteria that form lactic acid and give sour milk it characteristic flavor. In fact, I've heard it said that pasteurized milk will putrefy before it will sour. Are these statements true?

Mr. Kelly says, "No, they're mistaken notions. Pasteurized milk sours just about the way clean raw milk does. The pasteurized milk just takes longer to sour, that's all. The pasteurizing process not only kills off all the dangerous bacteria, it also kills the organisms that cause putrefaction and those that produce lactic acid. If you want pasteurized milk to sour, just let it stand at room temperature and you'll seldom have any trouble."

Have you ever given the empty milk bottle your serious consideration? Mr. Kelly declares that we consumers have a responsibility when it comes to the milk bottle. You see these bottles cost the milk dealer money. So he figures this cost into the price we pay for milk. The bottles are meant to hold milk and nothing else. So don't use them for holding paint, kerosene oil, the family savings or anything else. Let's cooperate by washing all bottles and returning them promptly.

If you have any infectious disease in your home, consult the health authorities first and return your bottles exactly as they advise.

Did I hear someone inquiring about the menu? I suspected it. This is the day for our inexpensive dinner menu. Everybody ready? Here it is: Creamed salmon on toast; Buttered carrots; Spinach, beet tops or other green vegetables; Iced tea to drink; and, for dessert, Lemon milk sherbet.

Get out the ice cream freezer and fix up some lemon milk sherbet for this summer dinner. You'll need just five ingredients:

3 cups of rich milk
1 and 1/4 cups of sugar
1/2 cup of water
1 cup of lemon juice, and
1/4 teaspoon of salt.

I'll repeat that list of five ingredients. (Repeat.)

Heat 1 cup of milk. Add the sugar and stir until it is dissolved. Then add the other ingredients. Use a freezing mixture of 1 part of salt and 4 to 6 parts of ice. Turn the crank of the freezer slowly. After freezing, remove the dasher. Pack the freezer with more ice and salt. And let the sherbet stand for an hour or more to ripen in flavor.

That's the recipe for lemon milk sherbet. But I have a suggestion or two to add to that recipe. If you prefer - and have enough extra cream on hand - you can use 2 cups of milk and one cup of cream instead of three cups of milk. And, if you prefer, you can use 1 and 1/2 cups of orange juice and 2 tablespoons of lemon juice instead of the half cup of water and cup of lemon juice.

Shall we go over the menu just once again to be sure you have it? Creamed salmon on toast; Buttered carrots; Spinach, beet tops or other green vegetable; Iced tea; and, Lemon milk sherbet.

Tomorrow: "Household Odds and Ends."